

Tests  
based on  
major research

**Can you find...**

# **The Real You?**

**How do you rate against others?  
How do others rate you?**

**Automatic  
scoring**



# THE REAL YOU?

The 16 tests in this program are taken from Dr. Michael Nathenson's THE BOOK OF TESTS (published by Fontana). They will give you hours of entertainment, as you explore your own personality, tastes, beliefs and abilities.

The program is divided into six sections which cover important areas of your life: WORK, INTELLECT, PERSONALITY, LOVELIFE, ANXIETY and VIEWS. Each section comprises two or more tests which will help to give you an instant insight into how other people perceive you and how you see yourself.

And it's made so easy for you since the computer performs all the calculations and presents you with a added advantage too – you can keep your very personal confessions completely secret since none of your answers is displayed on the screen. Only **you** need know how odd you really are!

Your relationships and your IQ, your work and your moral outlook are scientifically analysed; the tests have been designed by researchers from many different disciplines, and have been trialled on different samples of people in Britain, the United States and Canada.

Once the computer has revealed your final score for a test, just turn to the book and look up the ANALYSIS which applied to you. You may find that there are sides to your character you'd never noticed before. Perhaps you discover that you have great untapped executive potential. Or you may be a genius on the quiet!

One word about cheating! **Don't!** What's the point? The only person who needs to see the results is you. So why cheat yourself? Be honest and frank, and don't give the answer you think the test is looking for.

Now, can you find **The Real You?**



# CONTENTS

## WORK

Satisfaction (Are you satisfied with your job?)

Potential (Do you have executive potential?)

## INTELLECT

IQ (What's your IQ?)

Thinker (What kind of thinker are you?)

Brain (Are you a right- or left-brain person?)

## PERSONALITY

Self-consciousness (How self-conscious are you?)

Acceptance (Do you seek social acceptance?)

## LOVELIFE

Relationships (Are you and your partner likely to succeed?)

Sex (How satisfied are you sexually?)

## ANXIETY

Stress (How much stress do you have in your life?)

Your body (Are you satisfied with your body?)

Fear (What are you really afraid of?)

## VIEWS

Morals (How strong are your moral values?)

Politics (How radical are you politically?)

Hi-tech (Are you in touch with the high-tech revolution?)

Snob (Are you a true snob?)

# How to use THE REAL YOU?

## LOADING A TEST

- \* First switch on your TV, cassette player/disk drive and computer in that order. If you have been running another program, switch off your computer and disk drive, wait a moment, and switch on again.
- \* Insert the tape or disk and:
  - If you have a tape version of the program, make sure that Side 1 is facing upwards. Rewind the tape if necessary.
  - If you have a disk version, make sure the label is facing you and close the door of the drive.
- \* Now follow the loading instructions for your particular machine.

### Spectrum 48K tape

- \* Type **LOAD** "" and press **ENTER**.
- \* Press **PLAY** on the cassette unit. The title screen will soon appear, followed by the Program itself.
- \* If the Program fails to load, please refer to your Spectrum Manual for guidance.

### Amstrad CPC464 tape

- \* Hold down the **CTRL** key, and press and release the small **ENTER** key. The message 'Press **PLAY** then any key' will appear on the screen.
- \* Press **PLAY** on the cassette unit, and then press any key on the keyboard.
- \* After a short pause a 'Loading' message appears. This is followed shortly by a title screen while the Program loads.
- \* If the 'Loading' message or the title screen do not appear within a minute then something is wrong. Go back and try the whole loading process again.



### BBC B tape

- \* Check that the volume of your cassette player is at the right level. (You can do this with the Welcome tape which came with your computer.)
- \* Type **\*TAPE** and then press **RETURN**.
- \* Now type **CHAIN""** and press **RETURN**. The message 'Searching' will appear on the screen.
- \* Press **PLAY** on the cassette unit.
- \* After a short pause a 'Loading' message appears. This is followed shortly by a title screen while the Program is loading.
- \* If the 'Loading' message or the title screen do not appear within a minute the Program has not loaded. Try starting the whole loading process again.
- \* **NOTE:** The Program will not run on computers that have 0.1 operating systems.

### BBC B disk

- \* Press the **SHIFT** key and, while holding down **SHIFT**, press and release the **BREAK** key.
- \* Now release **SHIFT**. A title screen will appear within a few seconds and this is followed by the main Program.
- \* Sometimes the **SHIFT/BREAK** routine fails to 'boot' the disk at the first attempt. If the title screen does not appear within five seconds of releasing the **SHIFT** key, repeat the process.
- \* **NOTE:** The Program will not run on computers that have the TUBE connected and switched on.

### Commodore 64 tape

- \* Hold down the **SHIFT** key and press and release the **RUN/STOP** key.
- \* The message '**PRESS PLAY ON TAPE**' will appear on the screen.
- \* Press the **PLAY** button on your cassette unit. The screen will go blank. After a short time a title screen will appear and the Program will then load. If the Program fails to load, try the process once more.

### Commodore 64 disk

- \* Type **LOAD 'TRY',8,1** and press **RETURN**.
- \* The message '**SEARCHING FOR TRY**' will appear on the screen. This will be followed shortly by '**LOADING**'.
- \* The screen will then show a title page, followed by the Program itself.
- \* If the program does not load within one minute, or the red light on the drive flashes continuously, or if the computer gives an error message, remove the disk from the drive.
- \* Switch off your disk drive and computer, in that order, and check all the connections. Then repeat the loading process.

(If you do have problems loading the tape or disk, always try checking the connections on your computer, TV, disk drive or cassette player.)

## CHOOSING A TEST

As soon as the program has loaded, the Main Menu screen will appear. This consists of a file of six cards, with the subject headings shown on the card tabs.

To see the contents of a card, you must bring it to the front of the file. Use the cursor keys (Z, X, ; and / keys for Commodore 64) or joystick to move the pointer (arrow) to the tab of the card you wish to see. The title will be highlighted when the pointer is in position. Then press **RETURN/ENTER** or the joystick button to make your selection. The file will be 'shuffled' and your card is then brought to the front.

To select a test, simply move the pointer into the appropriate box and press **RETURN/ENTER** or the joystick button.

The tests cannot be held in the computer's memory all at once. When you first load and run the program, no tests have been loaded. Having made your choice, you need to load the block of data which contains that particular test.

Whenever you select a test the menu on the card will be replaced by the message: 'This test needs to be loaded. Do you wish to load the test?' Press **Y** (for yes). If you press **N** (for no) you will be returned to the menu, and you can then select another card and/or test. (If you have a disk version of **THE REAL YOU?** the data will be loaded immediately.)



## For all tape versions

There are two blocks of data stored on your cassette tape. One comes immediately after the Program on Side 1. The other comes at the beginning of Side 2. Each block contains the data for the tests from three of the file cards; **WORK, INTELLECT, and PERSONALITY** on Side 1; **LOVELIFE, ANXIETY and VIEWS** on Side 2.

If you press **Y** a message on the screen will tell you which side of the tape you require to load the data for your chosen test. If necessary, turn the tape over and rewind it.

Then press **PLAY** on the cassette unit. The block of data containing your test will now load and you can begin the first question.

## DOING THE TEST

Each test consists of a number of questions. The screen display for each question is made up of two or three windows.

The top window contains an instruction on how to answer each question. The central window (where the test requires it) contains the statement, question, picture, etc., which you are asked to consider. The lower window contains the responses from which you must make your selection.

You can select your response by using the cursor keys (Z, X, ; and /) or the joystick to move the pointer into the relevant box. Then press **RETURN/ENTER** or the joystick button.

In a small number of cases the format is slightly different. You may be asked to type a number or word (and press **RETURN/ENTER**) instead of moving the pointer to a box.

When you have completed the test your score will be displayed in the form of a bar on a scale. The scale shows the minimum and maximum scores possible for the test, and the number to the right of the scale represents your exact score. The bar registers your score position and gives you a clear indication of how you compare with the population in general. (In some cases, more than one score is obtained from a test.)

Once you have read the **ANALYSIS** for your particular score in the book, you can either choose to see your responses again, or return to the Main Menu and select a new test.

If you wish to see your responses again, move the pointer to the appropriate box and press **RETURN/ENTER** or the joystick button. The questions will then be displayed one at a time, with your responses indicated. You cannot change your responses in order to obtain a 'better' score!

You can escape from this part of the program and return to the score display, by pressing **Q** (quit).

You can also return to the Main Menu at any time by pressing:

**ESCAPE** for Amstrad/BBC B tape and disk  
**CAPS SHIFT** and **1** for Spectrum 58K  
**CTRL** and **B** for Commodore 64 tape and disk.

## CHOOSING A NEW TEST

When you return to the menu screen, you will notice that three of the file cards are asterisked (except in the case of BBC tape). This shows that the data for the tests listed on those cards is currently in the computer. It was loaded together with the data for the test you have just done. If you choose a test from one of these cards, it will be available immediately.

If you want to choose a test from one of the cards which does not have an asterisk, you should follow the instructions for **LOADING A TEST**.

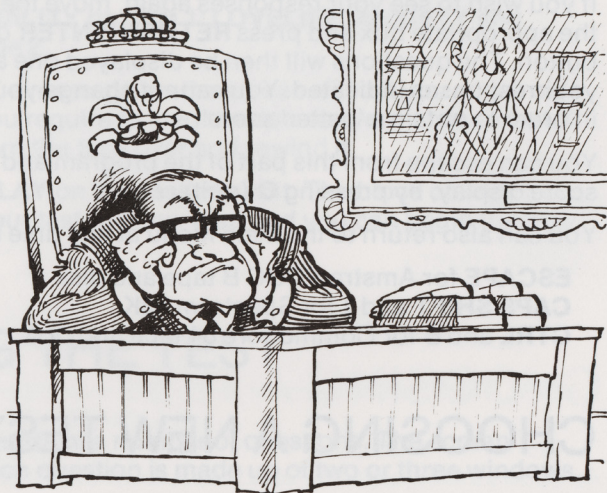
If you have a **BBC B tape** version of the program you will be presented with a small menu which lists the tests which are currently in the computer's memory, and an option to return to the Main Menu. If you choose a test from this list, the first question will be presented immediately. (Because of its size the IQ test is loaded on its own.)

For both BBC tape and disk, if you opt to return to the Main Menu, the data which is currently in the computer will be lost. If you want to choose another test, select the Main Menu option and follow the instructions for **LOADING A TEST**.



# SATISFACTION

(Are you satisfied with your job?)



Are you happy with the amount you earn?

Do you get a chance to travel in your job?

Are there prospects for promotion?

Does your work give you a sense of fulfilment?

This test helps you to assess how much satisfaction you gain from your job. Try to think of the test as a checklist which breaks down your job into its different elements.

Perhaps you feel uneasy or anxious about your work, but can't identify the specific causes. Answering these questions may prompt you to examine your position more closely. On the other hand, you may discover how fortunate you are in your job!

# ANALYSIS

## Above 75 *High score*

With a high score, you are very satisfied with your job. You are probably committed to your work and one might say that the majority of your energy is devoted to the 'work area' of your life. It is likely that much of your personal identity is associated with the job you do.

## 75 to 25 *Medium score*

In this range you are generally satisfied with your job, but there are certain aspects you would like to change – perhaps a higher salary, a fuller use of your abilities or less work-stress. The higher your score, the greater are the chances that you have found a job whose vocational area suits you. Conversely, the lower your score, the less is the likelihood of your being satisfied at work.

## Below 25 *Low score*

This range demonstrates a general dissatisfaction with your job. Look back over the items in the test and try to analyse which aspects of the job you find unsatisfactory. It could be that you are in the wrong job for your interests and abilities. Or perhaps some minor changes in the present job (e.g. change of location, new work colleagues or a change of department) could lead to greater job satisfaction. Perhaps this score may inspire you to look for another job that provides you with more satisfaction in areas that really matter to you.



# POTENTIAL

(Do you have executive potential?)

Are you a good manager?

Do you want to be powerful and influential in your job?

Or are you really happiest as one of the crowd?

Do you fit easily into the office structure?

The purpose of this test is to find out if you have executive potential, by getting your reactions to a list of proverbs.

Psychological research has shown that proverbs and maxims can often give an accurate indication of people's feelings, their attitudes to others and their philosophy of life in general.

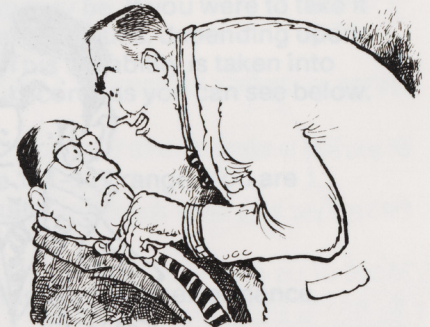
The test was originally designed at the University of Southern California and, despite its rather unusual approach, can be a reliable way of distinguishing between those who have executive potential and those who are not as likely to make a good manager.

On the screen you will see a list of common expressions with which you might agree or disagree. **For the purposes of this test, you should respond to each proverb by imagining yourself in the role of a good manager.** Try to think of a good manager you know and how he or she might truthfully react to the maxim 'Reason rules all things', for example.

**Do not** give your own opinion about the proverb's truth as this will detract from the accuracy of the test.

# ANALYSIS

This is what your scores mean:



## Above 79

You would probably make a very good executive. (You might already be in a position of authority.) You are successful in using power and handling a work force, while still respecting and understanding individuals. You're probably able to maintain a good rapport with others even when the going gets tough. You are likely to be a social and political animal in your job, and to have an ability to balance competing factors in a high position of responsibility.

## 68-79

You probably have a desire to climb the executive ladder and have the potential to do so; but some of your attitudes may be rather too naive and you may feel a part of you still belongs to your working associates, rather than to the elite echelons of management.

## Below 68

At this time anyway, you probably prefer to do your own specific job without taking on the responsibility and burdens that management entails. You do not like the political power-games that often have to be played for advancement. You may, in fact, work in a skilled craft where your sense of satisfaction is not directly connected with managing people or organising an office.



# IQ

## (What's your IQ?)



**Do you enjoy solving cryptic clues and crosswords?**

**Are you one of those infuriating people who always answers the maths teasers on quiz programmes?**

**Why not try out your skills and see how well you can do?**

One of the hardest things for psychologists to agree upon is the definition of intelligence. In fact, over 200 tests have been created by modern researchers in an attempt to measure 'IQ'.

This test of 39 questions derives from tests used by the MENSA society. It's designed to measure your verbal and spatial abilities, as well as your logical and problem-solving skills.

Don't feel intimidated by the questions. Just tackle each one calmly and slowly, and you'll be surprised how many you can answer.

## ANALYSIS

Do remember that your performance in this test is only an *estimate* of how intelligent you may be. If you were to take it frequently you would get different results, depending upon your mood and environment. This variability is taken into account in the analysis of your scores as you can see below.

### 12 to 15

Your IQ is probably within the 111–117 range. You are amongst the top half of all adults.

### 16 to 19

You have an IQ of 118–124. This is a good performance.

### 20 to 23

This range indicates an IQ of 125–131. You're getting near the highest levels.

### 24 to 28

You have an IQ of 132–139. This falls within the top 5 per cent of all adults and denotes very high mental abilities.

### 29 to 33

With this score you have an IQ rating of 140–147. This equates with the kind of score a MENSA associate would achieve and falls within the top 2 per cent of adults.

### 34+

This suggests an IQ of 148 or more and you come within the top 1 per cent of adults. You are extremely capable in mental skills and also probably respond in a very cool fashion under test conditions, which helps to boost your score.



# THINKER

(What kind of a thinker are you?)

Are you an idealist? A pragmatist? A realist?

Do you like to speculate with theories, or work rigidly with the facts?

Perhaps you have never discovered *how* you think at all?

Most of us don't realise that we have a particular 'thinking style'. We simply accept our own way of thinking as being a natural part of us. However, there is a great deal of individuality in thinking styles.

The questionnaire is designed to help you identify your preferred ways of thinking, asking questions, and making decisions. As there are no 'right' or 'wrong' answers, **it is important that you answer each question according to how you actually behave**, not as you think you should behave.

## ANALYSIS

### High Scores

Your high scores indicate where your true preferences lie. These are your strengths, showing the kinds of thinking strategies you have learned and prefer to use, because they have worked for you over a period of time.

Where a score approaches or goes over 70, it may be the sign of a problem for you. You may overuse the strategy or use it inappropriately. In that case, the strategy is not a *strength* but rather a *liability*. It is a way of thinking which should give you some cause for caution.



**72 or more:** If you have a score of 72 or more in any of the five styles of thinking, you have a very strong preference, or a *commitment* to that style. This means that you are likely to use it, and may frequently overuse it, in virtually every situation. You may even use it in situations where it may not be the best strategy to adopt.

**66 to 71:** If you have a score in this range, you have a *strong preference* for that style – i.e. you are likely to use it consistently and in most situations.

**60 to 65:** If you belong to this range, you have a *moderate preference* for that style. This means that, other factors being equal, you will tend to use it more than any of the others.



## Low Scores

**43 to 48:** If you scored in this range in any of the five styles of thinking, you have a *moderate disregard* for that style.

**37 to 42:** If you belong to this range, you have a *strong disregard* for that style.

**36 or less:** If you scored 36 or lower, you use this particular thinking style very rarely, even though it may be the best approach to use in the circumstances.

## How do you compare with others?

Research has shown that half of the people in the Western world tend to rely on a single strategy. The strength of commitment to a style of thinking varies from a moderate preference for the single strategy to an almost total commitment to it.

Your preference for one or more of the thinking strategies reflects the way in which you tend to handle problems and meet the requirements of specific situations. It also leads you to make mistakes and be incompetent when your chosen strategy does not work.

You may be interested to compare your findings with some previous research from this test, giving an indication of how other people 'think'.

**The synthesist:** 'What if ...?' Only about 11 per cent of the people who have taken the test show a preference for the synthesist style. It is the least frequently used of the five styles of thinking.

**The idealist:** 'Where are we going? Why?' If you scored 60 or more in this style, you are in good company. In the United States, it is the most 'popular' of the five styles. More than 37 per cent of all the people who have completed the test have idealist preferences.

**The pragmatist:** 'Whatever works ...' About 18 per cent of the people who have taken the test had a preference for this strategy, making it the second least 'popular' style. So, if you are a strong pragmatist, at least four out of five people you deal with are likely to find your style confusing, difficult, or at least 'different'.

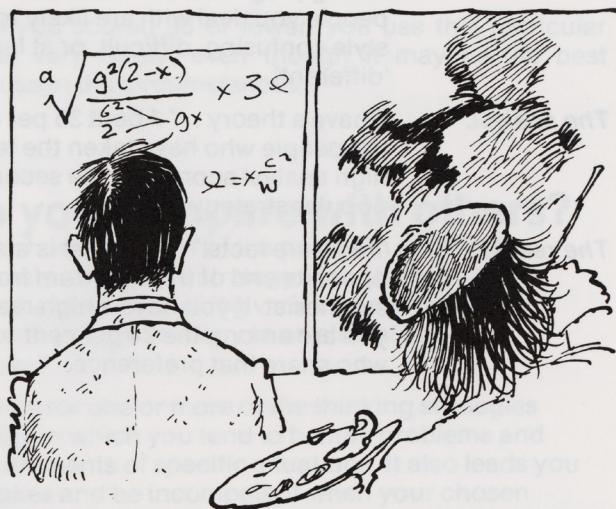
**The analyst:** 'I have a theory ...' About 35 per cent of all the people who have taken the test show a high analyst score. It is the second most popular strategy.

**The realist:** 'Facts are facts!' The realist is at the opposite end of the spectrum from the synthesist. If you have a high realist score, you are among the 24 per cent of people who share that preference.



# BRAIN

(Are you a right- or left-brain person?)



Do you take pleasure in organizing people?

Do you often follow your instinct?

Have you got a visual memory?

Are you a romantic?

In the 1950s and 1960s, scientists carried out extensive research on the 'split-brain'. They found that the left and right hemispheres of the brain are involved in very different processes of thought. 'Left-brain' people tend to be analytical, verbal, mathematical and logical; 'right-brain' people tend to be more artistic, intuitive, imaginative and non-verbal. Of course, we all use both sides of the brain, but tend to rely upon one side more than the other.

# ANALYSIS

If one of your scores is much greater than the other (e.g. 7: left brain and 2: right brain or vice versa), then read on to find out what you are like. If, however, your scores are balanced (e.g. 4 of one and 5 of the other), then you probably don't have a clear-cut preference for one mode or the other.

## RIGHT-BRAIN PREFERENCE

In the right-brain mode, you tend to use your intuition and have leaps of insight – moments of direct perception when 'everything just seems to fall into place' – without needing to figure things out in a logical way. When this happens you exclaim, 'Ah, now I've got it,' or 'That's it, I see it now'.

## LEFT-BRAIN PREFERENCE

With a left-brain preference, you tend to analyse, abstract, plan step-by-step procedures, verbalize and make rational statements based on logic. You say things like, 'Given numbers (a), (b) and (c), we can say that if (a) is greater than (b), and (b) is greater than (c), then (a) is necessarily greater than (c)'.

You are probably a good timekeeper and aware of moving forward in a structured, sequential way, whereas a right-brain person often forgets about time and just starts anywhere! Predominantly left-brain people are very comfortable with careers such as research, computer analysis, accountancy, the law, etc.



# SELF-CONSCIOUSNESS

## (How self-conscious are you?)

Do you look in the mirror before going out?

Do you find it difficult to talk to strangers?

Do you get embarrassed easily?

The answers you give to questions like these will help you to find out just how self-conscious you really are. Decide how much each statement in the test reflects your character in three separate categories.

## ANALYSIS

### PRIVATE SELF-CONSCIOUSNESS

#### **Above 29** *High score*

With this score, you spend a lot of time thinking about your 'inner self' and expend a lot of energy on self-examination and analysis. You tend to be almost too sensitive to events in your environment that affect you. You may find you spend so much time 'in your head' that you have difficulty expressing your thoughts and feelings.

#### **23 to 29** *Medium score*

You have a healthy balance of introspection and extroversion. You are concerned with your inner life and feelings, and are able to make use of the insights you have in periods of reflection.

#### **Below 23** *Low score*

You tend to avoid thinking about yourself and what makes you tick; you shy away from any activities (e.g. encounter groups, therapy, workshops) where you might discover more about your inner self.



## PUBLIC SELF-CONSCIOUSNESS

#### **Above 22** *High score*

You are very concerned about what others think about you – so much so that it makes you too sensitive and too quick to feel rejected and inadequate.

#### **16 to 22** *Medium score*

This average score shows that you have enough self-confidence to be able to project yourself as you are, and feel that the image you project is generally acceptable publicly.

#### **Below 16** *Low score*

You just don't care very much what others think of you. You either have a high degree of self-confidence or you aren't aware of how you appear to others.

## SOCIAL ANXIETY

#### **Above 16** *High score*

You do feel discomfort in certain social situations where you become very aware of your self-image and what others think about you. Or rather, what you think they think about you! Too much introspection may have robbed you of self-confidence and made you feel inadequate socially. This is when introspection can become destructive.



### **9 to 16** *Average score*

You have moments of social anxiety, but generally you feel quite confident about how you appear to others in public.

### **Below 9** *Low score*

For you, there is very little social anxiety involved in interacting with others. You feel confident, self-assured and at ease with yourself.

## **GENERAL SELF-CONSCIOUSNESS**

### **Above 63** *High score*

High scorers are almost always focused on their own thoughts, feelings and actions. They spend hours analysing their own behaviour and, at its extreme, self-consciousness becomes obsessive self-examination.

### **53 to 63** *Medium score*

You do spend time scrutinizing your thoughts and feelings and examining your motives. Although you are interested in self-awareness, you also have a healthy way of knowing when enough introspection is enough.

### **Below 53** *Low score*

You really don't spend much time or energy thinking about your feelings or behaviour. Outsiders may feel that you have a lack of self-knowledge. They also may feel that you are uninterested in personal development.





# ACCEPTANCE

(Do you seek social acceptance?)



Are you a good listener?

Are you always polite to people, however unpleasant they are?

Are you resentful when you don't get your own way?

Do you like gossip?

The purpose of this test is to discover how much you tend to describe yourself in socially desirable terms in order to gain the approval of others.

# ANALYSIS

## 20 and above

If you scored 20 or above you probably gave socially acceptable answers to most of the questions. The higher your score, the greater your need for approval from other people.

## 9 to 19

If you scored between 9 and 19, you are 'average' in that you behave in socially desirable ways in certain situations, but not in others. Have a look back at your answers to see where you tend to behave well or where you might cause people's eyebrows to rise.

## 8 and below

If you scored 8 or below, it is clear that you probably gave socially unacceptable answers to most of the questions. At the same time, you may have given more honest answers than most people. The lower your score, the lesser your need to seek approval from others.



# RELATIONSHIPS

(Are you and your partner likely to succeed?)



Are you about to get married?

Have you decided to live together?

Is your partner attractive, ambitious, sympathetic, affectionate?

Are your backgrounds similar? Do you share the same views and tastes?

This test is designed for couples with a serious intention to marry or live together. It can also be used by anyone who wants to assess their chances of success in a long-term relationship. **It is very important to be truthful when answering each question.**

Each of the five parts of the test has been specifically designed to explore all aspects of your life which you may bring to a relationship: background, personality, beliefs and emotions.

# ANALYSIS

Don't worry too much if you have a low score. This doesn't necessarily mean that you are unsuitable for long-standing relationships. It may be helpful by prompting you to sort out any incompatibilities before you become fully committed.

## 294+ High score

If you (or you and your partner) scored 294 or more, you fall into a group in which 75 per cent of people have a good chance of being compatible and happily adjusted in a long-term relationship.

## 229 to 293 Medium score

In this range you (or you and your partner) have a 50-50 per cent chance of success or failure.

## 228 & below Low score

With a score of 228 or below, you (or you and your partner) do not have a very good chance of staying together. Only 25 per cent of the people in this range of scores adjust well to marriage or living together.

But remember that the test is only a general statistic and states only the mathematical probabilities of success for one group of people.



# SEX

## (How satisfied are you sexually?)

Do you find it easy to talk about sex?

Or is it a taboo subject?

Do you enjoy your sex life?

Does it provide an essential ingredient to your relationship with your partner?

It is said that we live in a promiscuous society where sexual freedom has never been more advanced. However, researchers have found that many people suffer from sexual inhibitions and problems which they are reluctant to recognise and express.

This test will help you to identify your feelings about sex. It measures the degree of satisfaction you experience with your partner and suggests how this might reflect on your general feelings about yourself.



## ANALYSIS

### 0 to 29 *Low score*

If you scored within this range on the test, you are probably quite satisfied with your sex life as it is. It is likely that you have worked out a mutually acceptable and enjoyable balance. Sexual compatibility suggests that your present relationship is a lasting one, and that you and your partner are able to work out disagreements in other areas of your lives. Particularly for younger adults, such sexual satisfaction is often associated with good feelings about themselves and life in general.

### 30 to 100 *High score*

If you scored in this range, you are probably expressing some level of dissatisfaction with your sexual relationships. People with high scores also tend to be unhappy in other areas of their emotional life.

If you are a young adult, it's likely that your sexual unhappiness has also affected your self-esteem and general attitude to life. Research suggests that young adults tend to emphasize sexual performance and gratification more than older people.

If you have a very high score in this test, you probably need professional assistance through counselling.



# STRESS

(How much stress do you have in your life?)



Do you find it hard to relax?

Are you feeling anxious or unhappy?

Do you find it difficult to sleep?

Have you lost or gained a lot of weight lately?

Personal concerns and anxieties often rob us of energy and make us unproductive. The more stressed we become, in fact, the less energy we have available to deal with the stress — a 'chicken and egg' situation thus develops.

The test allows you to measure your stress levels by seeing how much stress various aspects of your daily life produce.

# ANALYSIS

## Over 41 *High score*

If your score is in this range, you clearly have a high proportion of stress in your life — far too much. Obviously, the higher your score, the greater your level of stress. You probably are aware that you are stressed, but you may not know why. If the reason is not immediately apparent, then look back over the test and take note of what feelings and events pushed your total score up so high. Then if you cannot remove these causes at present, at least try not to add any new stresses to your life until circumstances change. You could try deep-breathing and learning consciously to relax — sounds simple, but it does wonders!

## 16 to 40 *Medium score*

In this range, you experience a mild-to-moderate amount of stress. Before this increases, now is the time to take note of what particular factors seem to cause you anxiety and perhaps learn some techniques for dealing with your tensions. For example, if you see a heavy schedule of events ahead, either learn to relax more or replan your timetable.

## 0 to 15 *Low score*

If you scored in this very low range, you really have very few problems with stress. Maybe you have a placid nature or you have cleverly learnt ways to handle tension. If you scored nearer the 15 mark, then you have some stress but appear to be handling it well.



## BODY

(Are you satisfied with your body?)



Would you like to change the shape of your nose?

Do you think you're too tall or too small?

Are you happy with the size of your feet?

This test is designed to measure the degree of your satisfaction with various parts of your body. It will help you to analyse your feelings and discover which aspects of your body you would like to change.

## ANALYSIS

Compare your total score to the corresponding description of your attitude below:

Total score	Your attitude
Below 30	You have strong negative feelings about your body and, if possible, would want changes to be made.
30-90	Although you don't like certain parts of your body and you worry about them, you can put up with them.
91-150	You are basically satisfied with your body as it is.
Above 150	You have very strong positive feelings about your body.



# FEAR

## (What are you really afraid of?)

Do you have a phobia about spiders?

Are you terrified of travelling in planes?

Are you afraid of water?

Psychological research has shown there to be over 700 things that people fear and dread. To these can be added thousands of personal phobias.

In this test are 51 of the most common fears that we all have to some degree or another. As fear plays a central role in determining and directing our behaviour in certain important times in our lives, find out which ones are yours and how intense your feelings really are.

## ANALYSIS

Before analysing your own score, here are some interesting facts that research has brought to light. The following 10 fears (but not necessarily in this order) are the ones which get the highest 'intensity' ratings from other people who have taken this test.

- |     |                                      |
|-----|--------------------------------------|
| No. | 4. Suffocating                       |
|     | 5. Failing a test                    |
|     | 6. Looking foolish                   |
|     | 17. Making mistakes                  |
|     | 28. Illness or injury to a loved one |
|     | 37. Not being a success              |
|     | 39. Snakes                           |
|     | 41. Speaking before a group          |
|     | 43. Death of a loved one             |
|     | 49. Untimely death                   |



## HIGH SCORES

You tend to be an anxious person generally and might view yourself as very emotional, even bordering at times on feeling neurotic. With this high score, you probably knew your level of fear before taking the test, but it could help you to focus on your specific fears. These can often be treated successfully by psychologists.

## MEDIUM SCORES

If your score is in the middle range, you are one of a large majority of people who have many fears in common. You probably experience these with some intensity but you are able to control your phobias so that your life is not inhibited by them.

## LOW SCORE

You just don't have many fears; even the ones you have are not experienced with any high degree. However, even low scorers can have one or more strong terrors or phobias of great intensity.



## MORALS

(How strong are your moral values?)



Do you think it's wrong to have an affair while you're married?

If a shop assistant gives you £5 extra in change, would it be wrong to say nothing and keep it?

Is it wrong for a fourteen-year-old girl to go on the pill?

Are open displays of affection by homosexuals wrong?

Your answers to questions like these will help you to find out just how moral you really are.

## ANALYSIS

Of course one has to remember that *morality* is man-made and varies from one culture to another, and from one time to another. This test is relevant to the Western view of morality in the twentieth century, and may be at odds with views in other cultures in the world today.

Compare your scores in each of the seven categories of morality which appear on the score screen to find out where you are most and least moral.

High score 8-10 very strong moral feelings

Average 4-7

Low score 1-3 very weak moral feelings.



# POLITICS

(How radical are you politically?)



**Do you feel that the House of Lords should be abolished?**

**Should the death penalty be brought back for terrorists?**

**Do women have a right to abortion?**

**Should local authorities be given more direct political control?**

This test aims to find out how radical (or conservative) you are in your political and social beliefs. You may be the kind of person who feels that the traditional values of society have to be uprooted to create a better world. Or perhaps you cherish the established structures by which we live, and feel that we should work hard to preserve them. Where do you stand?

# ANALYSIS

The higher your score, the more conservative you are; conversely, the lower your score, the more radical you are.

## 240 to 160 *High score*

If you scored in this range, you are a definite conservative. Your attitudes are paternalistic and controlling. You have a deep-rooted belief in the value of tradition and the past. You are probably a monarchist, and respect the function of the House of Lords and the place of the Church in our society. You believe that all change should be slow, gradual and founded on the past. You believe that changes in society should be evolutionary rather than radical. You tend towards restrictive views on morality and severe penal measures for serious crimes.

## 159 to 40 *Medium score*

Your viewpoint is a mixture of conservative and radical beliefs. Perhaps you were born into one category and have reacted against it. Or perhaps you just do not have a clearly defined stance, which makes you a mixture of the two extreme positions. It could be that you have a radical view on some current social issues like sex and contraception, whilst retaining conservative values in some other areas, like the role of government.

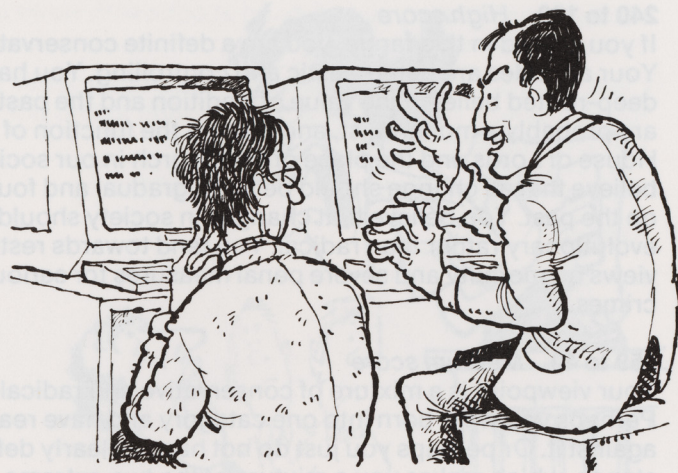
## 39 to 0 *Low score*

If you scored in this range, you are categorically a radical. You are anti-tradition, maybe anti-Church, and probably anti-censorship. You do not favour harsh punitive measures for criminals, and are a pacifist. You can find no justification for war and prefer a policy of non-violence, even at great cost. You believe that a society built on tradition has, to a large degree, been unsatisfactory for most people. You favour sweeping changes and the implementation of new ideas at a very fundamental level.



## HI-TECH

(Are you in touch with the high-tech revolution?)



Do you panic when the lights fuse?

Are you helpless if your car breaks down?

Do you have a fascination with electrical gadgets?

Can you program a microcomputer?

They've been talking about it for years but now it really seems to be upon us. It's in our homes, offices and shops. Some of us just seem to take to the hi-tech revolution naturally and probably own a home computer. Others find the inside of their car bonnet a complete mystery and have nightmares about wiring up the stereo system.

Are you one of those people who are masters of the new technology or are you always going to be one of the underdogs?

## ANALYSIS

### 69 to 47 *High score*

You'd take to the Brave New World like a duck to water; one might almost say you have an unnatural obsession with technology. It's like a religion to you. You spend hours poring over technical manuals, and hi-fi or computer magazines are your light reading. Some would marvel at your knowledge, but others might call you one-track minded.

You make it your business to learn how things work — a healthy hobby for the young but perhaps a little eccentric in an adult. You're so interested in the inner workings of machinery and equipment that you may lose sight of their purpose. For you, microcircuitry is a source of intense personal pleasure and not just the key to cheaper, smaller and better electronic equipment.

### 46 to 24 *Medium score*

You're definitely informed about the latest technology — you might even consider yourself a bit of an expert. You like to think you know a good stereo system when you see one and you're considering investing in one of the new micros which you have read about. You can't wait for cable and, although you don't own a video recorder, you rent one because you know the price will come down.

But what are your motives? Are you really interested in the power of science to enhance the quality of our lives or are you just a tiny bit status-conscious? You want the latest gadget but you probably don't know if you really need it. You may well be a master and owner of new technology, but you're also a slave to consumerism.



**23 to 0** *Low score*

Technology is here to help us, but you'll always be one of its victims. As the world becomes more reliant upon electronics, you'll become increasingly dependent on the programmers and technicians – those who score 47 to 69.

You are already tyrannized by your domestic appliances; how will you cope with the age of the personal computer in every home? You show a naive fascination for machines and gadgets, but you make little or no effort to understand how they work and how they can best serve you.

Perhaps you resent the soulless modern world of technology. Perhaps you yearn for the natural way of life, those good old days before tractors and milking machines when man was in control of his environment. But just think for a moment about life without lights, heating, anaesthetic and penicillin.



# SNOB

(Are you a true snob?)



**Are you guilty of being a snob?**

**Do you make sweeping judgements about people based on how they look or talk?**

**Do you cringe at bad taste in others?**

**Do you feel uneasy with those who don't have the same taste as you?**

Although this test is just for fun, it might also make you very conscious of how you judge people. The basis for all casual criticism is the total sum of your own personal conditioning – your parents, friends, and education, etc. How do you reflect your upbringing in your taste and style?

# ANALYSIS

## **89 to 60** *High score*

No doubt some of your best friends have no taste whatsoever, but you still come out as a dyed-in-the-wool snob. You're really very certain about what's in and what's out. The wrong style of jeans or an extra inch on the collar causes you to curl up your nose. The vulgar bedroom decor is enough to finish a 'beautiful' relationship before it begins.

People as critical as you tend to be observers rather than participators. Commenting on others' lack of style is the way you advertise your own. First impressions are also last impressions. You're a professional stereotyper but you hate to be categorized yourself.

## **59 to 28** *Medium score*

A kind description would be that you're broad-minded, though others might think you indiscriminating. You're the sort of person who knows what they like and tends to stick to it. You hate 'trendies' but would be mortally offended if someone accused you of being unfashionable.

Snobbery, like other prejudices, is a mixture of insecurity and confidence. Because you're not totally sure about your own sense of style, you hesitate to slam others for their lack of it. By no means a dedicated follower of fashion, you have often flirted with it in the past.

In judging other people, you regard money, sex appeal and age as more important factors than style. You may be missing out on the world of gossip, bitchery and character-assassination, but you can console yourself with the thought that you're almost certainly 'nicer' than those high-scoring trendies.



## 27 to 0 Low score

People may express themselves through their taste but you are blind to all overtures. You seem unaware of the existence of taste. If you have any critical faculties, you certainly don't believe in exercising them. If the whole world has thrown out flaired trousers, you're the one who's likely to have a collection of them in your wardrobe.

You are an advertiser's nightmare: you don't respond to any kind of conditioning or suggestibility. You are obviously not interested in putting other people in categories and dismissing them on their appearance. However you are probably not very perceptive about the world around you either. Perhaps it is just unimportant to you. You could of course be against taste on principle!

Although this test is just for fun, it might also make you very conscious of how you judge people. The basis for all casual criticism is the total sum of your own personal laboured way of life - education, and friends, interests, etc. How do you reflect your upbringing in your taste and style?

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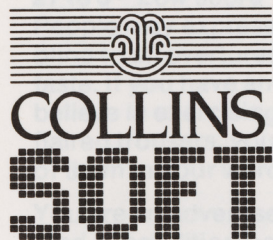


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